

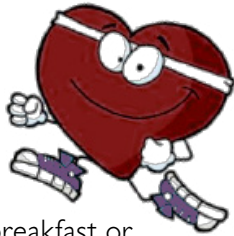
PERSONAL BLOOD PRESSURE CARD



6 Steps to a Normal Blood Pressure

1. Maintain a normal weight
2. Get at least 30 minutes of physical activity most days
3. Only drink alcohol in moderation
4. Eat more fresh fruits and vegetables
5. Avoid tobacco
6. Reduce salt

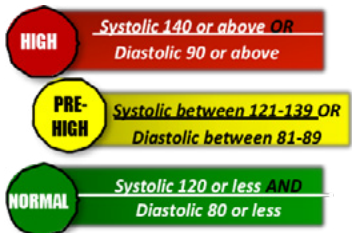
A Healthy Heart needs 30 minutes or more of physical exercise a day, at least 5 days a week



- Take a brisk walk before breakfast or after dinner, or both!
- Walk the dog or walk with a friend
- Take the stairs
- Park farther from work or stores
- Avoid tobacco

What is High Blood Pressure and What Can I do About It?

- Systolic (pressure when the heart pumps)
= the top number should be below 140
- Diastolic (pressure when the heart is
between beats) = the bottom number
should be below 90





Name _____

| Date | Blood Pressure | Pulse |
|------|----------------|-------|
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Knowledge is POWER

- Once you know your numbers it is important to share the information with your health care provider.
- Talk to your doctor about your weight, diet, physical activity, medications, and your blood pressure.

I have scheduled to talk to my health care provider about my numbers on:

Date

Time